

# The Hickman Courier

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Thursday, August 22, 2013

75¢

## Chamber implements new ideas

### Ice cream social set for September 6

Charlotte Smith  
Editor

Ten out of 14 members of the Hickman Chamber of Commerce board met on Tuesday, Aug. 13 to discuss upcoming Chamber events and activities. The board, along with Chamber Director Bonnie Poynor and President Jeff Jones, are eager to highlight Hickman, its businesses and residents.

One way they do this is during

their annual Ice Cream Social. The event, slated for Friday, Sept. 6, showcases homemade ice cream and delicious cakes provided by many talented bakers in Hickman.

For a donation of \$5 you can enjoy a variety of flavors of homemade ice cream while Chamber members auction off homemade cakes.

The perfect place for the social is at the bluff, located

behind the Carnegie Museum. Poynor's office is located in the museum, with the office space provided for the Chamber free of charge by the county.

The ice cream social, the annual dinner, chamber dues, and the ribeye steak sandwich sales, support the Hickman Chamber of Commerce. The funds raised provide financial

See CHAMBER, page 7



**LOCATION FOR A HICKMAN FARMERS MARKET** - Hickman Chamber of Commerce board members (l to r) Jeff Jones, Rob Hitesman, Jane Voorhees, Gene Cole, Bonnie Poynor, Greg Cole, Babydoll Yarbrough, Betty Abernathy and Phyllis Bryant invite everyone to sell their fresh produced on the lot designated with this sign to the north of EW James and Sons on South Seventh Street. There is no charge to set up on this lot. (Photo by Charlotte Smith.)



**LASTING IMPRESSIONS 2013** - (Above) Tim Langford is decked out in his beachwear best as he portrays a member of Little Big Town performing the song 'Pontoon'. (At right) Carly McNeill, Allyson Dick, Leah Rash, Samantha Ward, Amy Langford, Darcy Patrick, Jessica Mathis, Anna-grace Lignons and Dixie Major perform as Pitch Perfect Medley. (See more photos on page 4.) (Photos by Barbara Atwill.)

### Schmidt is beautifying Hickman one yard at a time

Charlotte Smith  
Editor

Bonnie Schmidt, 65, a resident of Carroll Street, enjoys sitting on her front porch in the mornings as she sips coffee. She spent the last two years adding an array of flowers to her front yard, bringing color and life to a yard that didn't have much to offer in the way of a view.

While she maintains her yard, she spends time keeping the curb from one end of her street to the drain, clean. She also works, as best she can, at keeping part of

the property on the corner of Carroll and Union Streets clean, too. That piece of property happens to be the location of the Old Bank Building.

When someone started tearing down the building, she was sad to see it happen. Especially after a portion of it collapsed, sending a loud kaboom into her home, along with a cloud of dust. "My nephew and I were here when it happened," she said. "I walked outside to debris flying."

Since then, while drinking her morning coffee, Schmidt,

and her daughter Corry Perez, have watched the building continue to slowly collapse as portions of it fall away. Luckily, the rubble has kept its distance and Schmidt's property has remained unharmed.

"I would like to own the lot, if possible," said Schmidt when she found out the City of Hickman was going to finish tearing it down. "I'll keep it clean and I'll plant flowers on the lot."

See YARD, page 7



**CONTRASTING VIEWS** - There are two views from Bonnie Schmidt's (left) porch on Carroll Street when she and her daughter Corry Perez (right) drink their morning coffee. One is the beautiful flowers in her yard and the other is the Old Bank Building collapsing on the lot next to her home. (Photo by Charlotte Smith.)

### School board approves funding for music program

Charlotte Smith  
Editor

"My vision for the music program in the district is to build it up, maybe not to where it was, a competitive marching band, but a pep band," stated Stephanie Mora. Mora is one of the new teachers at Fulton County Elementary/Middle School (FCE/MS), teaching Arts and Humanities.

In a way to provide all Fulton County students with a variety of opportunities during the education careers, FCE/MS Principal Julie Jackson is sharing Mora with Fulton County High School (FCHS). This teamwork is allowing the district to reintroduce more of the arts to students, after a six year absence.

On Thursday, Aug. 15 Mora went before the Fulton County School Board seeking funds to make repairs to some of the instruments as she begins to implement her music goals at both the middle school and high school. "I do have goals for the middle school, as well," she said. "So they can feed into the high school. I want to support

both realistically." One goal is a seventh grade girls choir and another is teaching students how to read music.

When the band ended in June 2007, the school board became administrators of an account with approximately \$7,600 in it. The funds have been sitting in the account with hopes that, one day, band would return to Fulton County.

Last Thursday, the board approved Mora's request for \$1,693 with hopes that she and the students would do some fundraiser to help strengthen the music program as interests in it continues among the students.

Eight members of Fulton County's FFA spoke of their experience after attending the Kentucky FFA Leadership Training Center in July. Jeremiah Bagley, Cody Collins, Sami Hartman, Allyson Dick, Jessica Mathis, Annagrace Lignons, Dixie Major, and Shaun Murphy discussed officer training, chapter hour, special interest classes, athletic groups and so much more with the

See SCHOOL, page 2

### Bussard is making a difference in a young man's life in India

Charlotte Smith  
Editor

Before venturing on a mission trip that would take her to places like Ukul, Amsterdam, Delhi, Kolkata, and Guwahati

Linda Bussard prayed. "I wasn't sure about going," she told Hickman Rotary Club members on Thursday, Aug. 15. "I was scared."

"You will know when you get

there," was the answer Bussard received. So about a year and a half ago, Bussard, who was residing in Murfreesboro, Tenn., at the time began making preparations to travel to India.

Meshing with her fellow travel companions and spending a short time in Amsterdam eventually led to Bussard's self discovery on her reasoning for traveling to a country that is so unlike the United States.

"The cost of gasoline, high merchandise tax and even having to pay fifty cents to seventy cents to use public restrooms are just a few examples of extreme differences we experienced

See BUSSARD, page 5



**MISSION TRIP TO INDIA** - After Linda Bussard (in white on right) went to India on a mission trip she decided to sponsor a young man, helping to pay his way through college. (Photo submitted.)



**BLACK RELEASES HIS FIRST ALBUM** - On Saturday, Aug. 31 Jay Black will be releasing his first album at Black's Pecan, 1302 Moscow Avenue, Hickman. (See page 3 for complete story.)

#### THIS WEEK



#### OBITUARIES

**Teresa Fay Phelps**

**Velvet "Jessie" Callahan**

#### RIVER STAGE FORECASTS

OHIO RIVER AT CAIRO, ILL.

Wednesday, Aug. 21 - 18.6

Thursday, Aug. 22 - 17.2

Friday, Aug. 23 - 16.4

Saturday, Aug. 24 - 15.3

Sunday, Aug. 25 - 14.2

#### INSIDE THIS WEEK

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#### Local Weather

Thu 8/22 89/68

Times of sun and clouds. Highs in the upper 80s and lows in the upper 60s.

Fri 8/23 87/64

Slight chance of a thunderstorm.

Sat 8/24 85/64

Mix of sun and clouds. Highs in the mid 80s and lows in the mid 60s.

Sun 8/25 87/66

Plenty of sun. Highs in the upper 80s and lows in the mid 60s.

Mon 8/26 87/65

Mainly sunny. Highs in the upper 80s and lows in the mid 60s.

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"A Darling Celebration" coming to this year's Pecan Festival - Check out Hickman Recreation and Tourist Commission's Facebook page and The Hickman Courier for details.



THE HICKMAN COURIER

THE VOICE OF HICKMAN AND FULTON COUNTY

Charlotte Smith - Editor

Barbara Atwill - Business manager

Established in 1859. The oldest newspaper in West Kentucky.

Turning Back The Clock

**25 Years Ago**  
**November 3, 1988**  
Obituaries: Ruth Cochrum, 58; Danny Stowe, 37; Lonnie F. McKinney, 75; and Stahr Willett, 97.

The Tourism Committee of Visions, Inc., is sponsoring a live Nativity Pageant this Christmas season.

An evening of fun and games for Hickman City Girl Scouts included many Halloween thrills and surprises. Winners of the pumpkin carving contest and adult costume winners were: Jessica Greer, Crystal Adams, Michelle Elks, Jessica Gaskins, Mandy Williams and Andrea Lynch; adults, Penny Fleming, Lois Gardner, and Emily Dickerson.

Local young ladies competing in the Mr. and Mrs. Twin City Pageant were Julie Graves, daughter of Mr. and Mrs. Alfred Graves; Lola Lanay Newton, daughter of Mr. and Mrs. Billy Joe Newton; and Jennifer Langford, daughter of Mr. and Mrs. Larry Langford.

Senior Pilot Football players honored during the last game of the season Friday night against Dyer County were John Williamson, Jason Adams, Jason Howell, Brian Mitchum, Brian Wilson, Wayne Bragg, Jimmy Mays, Mark Corum, Larry Don Johnson, Chad Parker, and Sammy Alexander. Senior Cheerleaders Lisa Ramsey, Sharon Wilson and Melanie Foley were also honored.

**50 Years Ago**  
**February 6, 1964**  
The Hickman Junior Beta Club met January 30 and Regina Statham gave the program.

State officials met last week with sanitarian Harry Barry and local Chamber officials Ardel Fields and Waudell Yarbro to discuss roadside parks and a tourist overlook in Hickman. The Chamber plans to see Highway Commission Henry Ward to see if state help can be gotten to exploit this tourist attraction overlooking the Mississippi.

Mr. and Mrs. Jerry Conder arrived home at 218 Clinton Street after their marriage at 3 p.m., Sunday, Jan. 19, at West Baptist Church.

**75 Years Ago**  
**February 3, 1939**  
An epidemic of petty stealing seems to have hit Hickman in the last few weeks. Three business places were broken into and two of them looted Monday night by thieves who left no clues except tracks.

The review gauge at Hickman stood at 24.3 feet Thursday morning, after registering a rise of about 3 feet per day for the past 3 days. The continuous rain and snow throughout the central states during the past week brought about the sudden rise. The river is still some 15-20 feet below flood stage.

Mrs. Kelly Naylor and son Bobby, of Osceola, Ark., arrived Friday for an extended visit with Hickman relatives. Mrs. Naylor will teach the remainder of the term at Graves School. Mrs. Naylor, before her marriage, was Miss Helen Bellow.

**125 Years Ago**  
**February 17, 1889**  
Make no mistake. If you are hunting a location, or a place to profitably invest your surplus, come and look at Hickman.

A son of Mr. B. Mathis living near this City, died yesterday of typhoid fever.

The material for the new college is being delivered in the grounds.

Fulton has purchased a new fire engine and other apparatus for fighting fires, and organized a fire company with Editor Starks for captain.

The Mechanic's Masquerade Ball, at City Hall, Wednesday evening, was a joyful success. Good music, happy dancing, a splendid supper and many in attendance.

Letter to the Editor

Dear Charlotte,  
Thanks for the great article on Sarah Choate, one of Fulton County's many unsung hero educators! If you have space in the next edition, I would like to amend the story about Sarah's annual video-taping of Kindergarten events.  
When Desert Storm was making the news, Sarah convinced the FCES Kindergarten teachers that the students should make a banner for the soldiers at Fort Campbell, as an expression of their support of the troops. Sarah helped her "kids" produce a truly beautiful banner. I was Assistant Principal, at the time, and felt their hard work should not go unnoticed. I made numerous attempts to get a Color

Guard from Ft. Campbell to travel to Hickman, so we could hold an assembly program and let the students present their banner. Unfortunately, I was told that the base just did not have enough personnel on hand to make the trip to Hickman.

Ft. Campbell's PR person was very impressed with our story, enough so, that he contacted me weeks later, and invited the Fulton County Kindergartens and staff to serve as guest "Greeters" for troops returning from duty in Desert Storm, since a majority of those troops would have no family there to welcome them home. Superintendent Charles Terrett gave us the "go ahead,"

See CHOATE, page 7

Be a treasure finder and beat the heat with some cold cash!

Frankfort, KY (August, 2013) – If your last name is "Summer", there are 978 properties you can search through in our database. We've also got 162 "Hot" properties, 256 that "Sweat" and 451 that are "Cool"!

So when the dog days of summer start getting you down, just sit down at your computer. Be a Treasure Finder by going to [www.MissingMoney.com](http://www.MissingMoney.com) and you might be able to find some money where your mouse is.

Always remember if you don't have access to a computer or the internet, you can call toll free 800-465-4722, Monday through Friday from 8:00 a.m. to 4:30 p.m.

Kentucky State Treasurer Todd Hollenbach serves as custodian of all unclaimed property surrendered to the state that is presumed lost or abandoned. Each year, the Kentucky Treasury returns millions of dollars

in unclaimed property to Kentucky residents.

"Most of the properties are in the form of cash," Treasurer Hollenbach stated, "from old insurance policies to stocks and bonds to leftover bank accounts. There are also more than 20-thousand unclaimed items stored in the Treasury vault including a Joe DiMaggio autographed baseball, some silver bullion, jewelry, gold coins and hundreds of military items."

Through his unclaimed property program, Treasure Finders, Treasurer Hollenbach has returned more than eighty-seven million (\$87,000,000) dollars of lost and abandoned property to thousands of Kentuckians and is still in possession of more than four hundred million (\$400,000,000) dollars which he hopes to return to its rightful owners.



**STAYING STRONG AND GROWING** – The Hickman Rotary Club is 31 members strong and on Thursday, Aug. 8, 29 members were in attendance for their weekly meeting held in the community room of The Citizens Bank. Club members invite the community to participate in two projects the club is participating in at this present time. One is Shoes for Orphan Soles and the other is a canned food drive. Rotary members ask members of the community to donate new shoes and canned food by dropping these items off at The Hickman Courier, The Citizens Bank and Fulton County PVA Pete Morgan's office. Both are Rotary District 6710 projects. The new shoes will go to orphans in places like Africa. While the food will be donated to a local pantry with a radio station based out of Murray, Ky., matching whatever the club raises. Current members of the Rotary Club include: (kneeling in front, l to r) Hunter Whitesell and Terry Narr; (middle row, l to r) Greg Curlin, Rob Hitesman, Tracey Lamb, Will Rice, Mindy Major, Paul Henderson, Charlotte Smith, Bonnie Poynor, Betty Abernathy, Bobby Hopper, Babydoll Yarbro and Kristy Travis; and (back row, l to r) Marco Wyss, Penny Fleming, Bill Murray, Aaron Collins, Larry Myatt, Chris Rodgers, Tom Pyron, Rick Major, Wallace Ward, Greg Grisson, Tommy Hodges, Terry Sullivan, Pete Morgan, Craig Turner, and David Gallagher. (Not pictured: Floyd Cash, Daisy Benigno, and Dennis Bledsoe.) (Photo by Jenna Smith.)

School

from page 1

board, as they thanked them for the opportunity to travel to Hardinsburg, Ky. for a week.

Discussion items discussed, but not decided on Thursday night with a request for additional research include possibly adding a clearing pond for a fire hydrant for water in case of fire and procedures for high school graduation regarding having weighted or not weighted classes.

The board voted to take the compensating rate for the Real Estate and Personal Property Tax Rate for 2014. The rate is currently at 48.6 cents. "There will come a time when we will have to take an increase," stated Fulton County Superintendent Aaron Collins.

A special called meeting request from Baccus Oliver with Marcum Engineering on Tuesday, Aug. 27 at 4 p.m. at the central office board room was approved. This follows a pre-bid meeting that took place on Wednesday, Aug. 14 at the vocational school for the impending work on the heating and air system.

The following new hires were made in August at Fulton County Schools.

Substitute Teachers – Ginger Bard, Bettie Brazzell, and Daniel McWhirt; Custodian – Brian Keith Roberson; Athletic Director – Rick Garland; Head Golf Coach – Carol Coulson, Volunteer – Steve Coulson; Head Track Coach – James Bridges; Head Boys Basketball – Mitchell Williamson; Cheerleading Coach High School – Brooke Cermak; Assistant Cheerleading Coach High School – Misty Watts; Head Middle School Cheerleading Coach – Brey Jones; Assistant Middle School Cheerleading Coach – Brandy Whitten; Assistant Football Coach – Rick Garland; Assistant Boys' Basketball Coach – Leonard Smith; Assistant Boys'

Middle School Basketball – Matt Covey; Assistant Track Coaches – Deatrik Kinney, Kelly Sipes and Cory Smith – Volunteer; Assistant Girls High School Basketball – Denise Grissom; and Administrative

Assistant/Secretary – Shelly McClain  
Before adjourning at 8:02 p.m. the board reminded everyone that they will be meeting in the FCHS library on Thursday, Sept. 19 for their annual meeting

with the site base as part of the monthly school board meeting. A walk through of the facilities will take place 30 minutes before the meeting, beginning at 6:30 p.m.



**STUDENT PRESENTATION** - Fulton County FFA students who addressed the Fulton County School Board on Thursday, Aug. 15 include (l to r) Cody Collins, Sami Hartman, Dixie Major, Jeremiah Bagley, Shaun Murphy, Annagrace Ligon, Jessica Mathis, and Allyson Dick. The students talked about their recent trip Hardinsburg, Ky., where they attended FFA Leadership Training Camp in July. (Photo by Charlotte Smith.)

Baptist Union City

welcomes new surgeon.

Baptist Union City is proud to announce that Dr. Jennifer DiCocco has joined our team, bringing her expertise in surgical care and passion for women's health and community education. With a strong interest in women's health issues, specifically breast disease, Dr. DiCocco looks forward to providing patients with options. Dr. DiCocco completed her surgical residency at the University of Tennessee Health Science Center in Memphis, Tennessee. Dr. DiCocco is part of the Jernigan Surgery Clinic.

For appointments or information, please call 731-884-0002.

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Reader Information

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Tax is included on Kentucky subscriptions.

NO REFUNDS

ADVERTISING ERRORS

Liability for advertising errors is limited to reprinting that portion of the advertisement that is in error. All advertisements are assumed to be checked on first insertion. This newspaper assumes no liability for errors after the first insertion.

The newspaper is on sale each Wednesday at these locations:

**Hickman** - E.W. James & Sons, Little General #53, Medicare Pharmacy, McMaw's, Pat's Red Door Salon, River City Liquors, Roger's Tire & Lube, Senior Citizens Center, Miss Martha's, and inside Dollar General  
**Cayce** - Cayce Cafe, Cayce Junction, and Cayce Oil & Lube  
**Fulton** - Evans Drug, Pockets, Hunter's One Stop, Pic Pac, The Fulton Leader, and inside Walmart  
**Union City** - Skaggs Gro.  
**Jordan** - Jordan Store  
**Jordan** - 270-236-3412 Phone  
270-236-2726 Phone and Fax  
E-mail us at [hickmancourier@bellsouth.net](mailto:hickmancourier@bellsouth.net)  
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Hickman, KY 42050-0070



## RECIPE CULINARY TALKS

# Courier Crumbs

Our Hickman Courier readers and Facebook friends are starting a new weekly column in the paper called the "Courier Crumbs". Each week we will share three or four old or new recipes for you to try. Please feel free to submit your own recipes for publication. Please specify if they are old or new and who they are from and send to hickmancourier@bellsouth.net or our Facebook page.

### Squash Casserole

submitted by D. Thomas

1 quart squash, cooked and mashed	1/2 stick butter
1/2 cup sugar	1 cup cracker crumbs (Ritz)
2 eggs	Small onion, grated
1 cup grated cheese, divided	Salt and pepper

Combine all except 1/2 cup of cheese and beat together. Pour into greased casserole dish and sprinkle with reserved 1/2 cup cheese. Bake 350° for 45 minutes.

### 7-UP Biscuits

submitted by Laurie Miller Baird

2 cups Bisquick Mix	1/2 cup 7-UP
1/2 cup sour cream	1/4 cup melted butter

Preheat oven to 450 degrees.

Cut sour cream into your Bisquick mix, then add 7-UP—it will make a soft dough. Melt butter and pour it into a 9" square baking pan. Drop big spoonfuls of mixture on top of the melted butter. Bake 12 to 15 minutes or until golden brown.

### Sweet Potato Cupcakes

courtesy of Kentucky Living Magazine

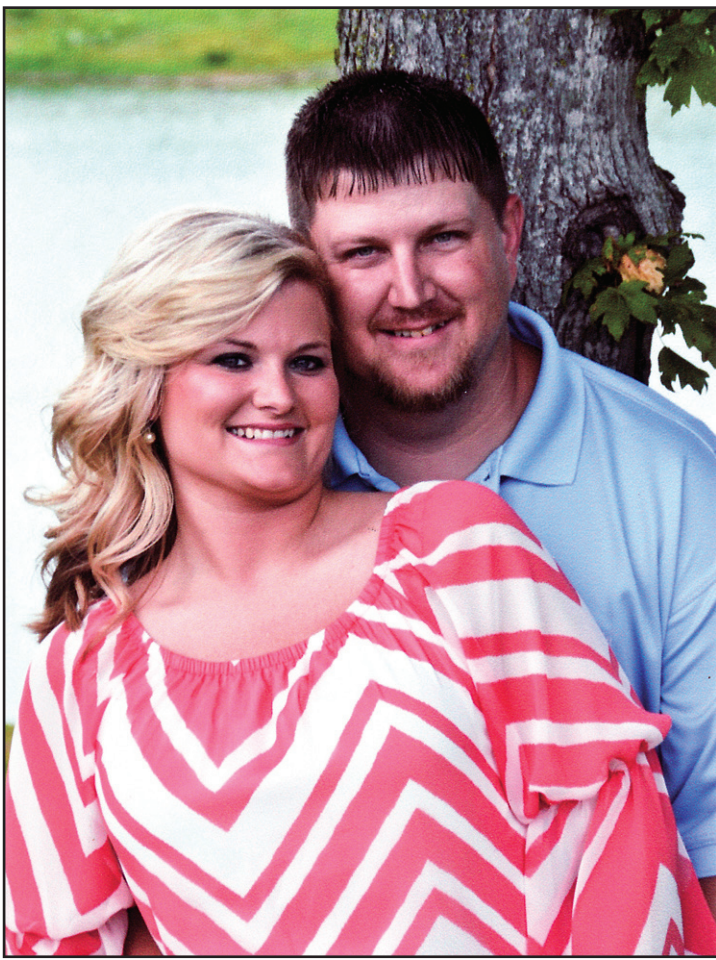
1 cup all-purpose flour	1/4 tsp. baking soda
1/2 cup butter, softened	1/2 tsp. ground cinnamon
3/4 cup sugar	Pinch salt
2 medium eggs	1/4 tsp vanilla extract
1 cup cooked and mashed sweet potatoes	Extra ground cinnamon (for frosting)
1 tsp. baking powder	

Preheat oven to 350°. In mixing bowl, whisk together flour, baking powder, baking soda, cinnamon, salt, and set aside. Cream butter and sugar until light and fluffy, about 2 minutes; add eggs one at a time, beating on low after each addition, then add sweet potato and vanilla. Add flour mixture; stir until combined. Spoon batter into baking cups. Bake 12-15 minutes, or until golden brown. Let cool before frosting. Recipe doubles easily. *Makes 12 cupcakes.*

### Cream Cheese Frosting

1 pkg. (8 oz.) cream cheese, room temperature	4 tsp. pure vanilla extract
1 stick margarine, room temperature	4 cup powdered sugar

Cream together cream cheese and butter until smooth, add vanilla and powdered sugar, then mix until smooth. Frost each cupcake and sprinkle with cinnamon.



Kelsey Marie Bennett and Michael Dean Crockett

## Miss Bennett to wed Crockett October 12 in private ceremony

Mr. and Mrs. Temmy Bennett of Fulton, Ky. are pleased to announce the engagement and approaching marriage of their daughter Kelsey Marie Bennett to Michael Dean Crockett, son of Kay Crockett and the late Basil Crockett of South Fulton.

Kelsey is the granddaughter of Mr. and Mrs. Bobby Anderson of Hickman and Mr. Charles F. Bennett and the late Martha Bennett of Fulton. She is a 2005 graduate of Fulton County High School and a 2008 graduate of West Kentucky Community and Technical College, where she acquired her license in Cosmetology. She is currently a Cosmetologist at Salon 5 in Union City, as well as, a dispatcher for the Obion County Sheriff's Department.

Michael, known to all as Crockett, is the grandson of the late Victor and Belva Crockett

of Dukedom and Mrs. Joyce Moore and the late Lonzo Moore of South Fulton. He is a 2002 graduate of South Fulton High School and a 2007 graduate of The University of Tennessee at Martin where he acquired his BS in Agriculture. He is currently employed at Helena Chemical Company in Hickman.

The couple will exchange their vows at a private outdoor ceremony Saturday, Oct. 12, 2013, with Bro. Robert Goodman of Marlow, Okla. officiating.

The reception will follow at the Celebration Center in South Fulton. Crockett and Kelsey ask that all family and friends join them at 7 p.m. for a meal, cutting of the cake, and a night of dancing and celebration.

The couple is registered at Walmart, Calla Lily in Union City, and Cissy's in Fulton.

## Hickman native joins Brock Associates as Marketing Consultant

MILWAUKEE, WIS. (Aug. 19, 2013) – Katie Hancock, born and raised near Hickman, Ky., recently joined Brock Associates as an agricultural commodity marketing consultant and will work one-on-one with farmers to minimize market risk and capture market opportunities.

"Brock Associates is extremely pleased to have Katie become a member of our market consulting team," states Jason Moss, Chief Operating Officer and fellow marketing consultant for Brock Associates. "She is bright and can use her experience as a grower to help farmers achieve their marketing goals."

A 2008 graduate of Murray State University, Hancock is married to Jordan Hancock and resides near Water Valley. She earned a degree in agricultural business before returning to farm full-time and learn at the side of her father Joe Sanger. Hancock owns two small grain farms and provides managerial accounting and marketing input to her husband and his cousin who farm 5,000 acres.

"I love farming and am excited that my position with Brock Associates allows me the opportunity to interact with farmers while remaining active in farming," Hancock explains.

"One of my goals as a marketing consultant is to help remove the intimidation and emotions connected to marketing. I also want fellow

growers to understand marketing tools available to them and have them comfortable using those tools."

Brock Associates is America's most complete commodity marketing service. Headquartered in Milwaukee, Wis., Brock Associates publishes *The Brock Report* 48 Fridays each year and delivers *Brock Daily Market Comments* three times each market day, providing farmers, agribusinesses and the food industry with price forecasting and market strategies. Brock Associates also manages grain sales for farmers and advises food companies on purchasing programs. For more information, visit [www.brockreport.com](http://www.brockreport.com) or call 800-558-3431.



Katie Hancock

## Jay Black set to release first studio album "Ride with Me"

Charlotte Smith

Editor

Since the age of 18 Jay Black, a Hickman native, has been perfecting his singing voice and writing songs. He began singing since he was six years old, singing for the public for the first time at age 17 at his sister's wedding. Back in 2008 Black worked with a Nashville vocal coach.

Locally he has been singing at the Hickman Pecan Festival and has also sung for the Hickman Rotary Club during a local food drive and also helps out the Chamber of Commerce.

On Saturday, Aug. 31, Black will be releasing his first studio album. "Time is a precious thing," says the singer who recently became the father of two girls, Kylie and Kinsey, "I've been thinking about this for a while now and Kirk Willie, has helped me make it happen."

Willie, who has worked with the likes of John Michael Montgomery as his sound manager on the road and producer in the studio is opening up new doors for Black. "He is trying to get me signed to a record label somewhere," said Black. "That

is what we are shooting for and this CD showcases my singing and writing skills."

Black wrote six of the seven cuts on the CD titled "Ride With Me." With a country theme, Black sings about his life experiences living on a farm, just like the one he grew up on here in Hickman.

"I have become a religious man and I think God has said that it is time for me to do this,"

added Black. "I

thank God for the talent he gave me and I hope the people will support me and share it with their family."

Black invites everyone to come listen to his music next Saturday at Black's Pecan, 1302 Moscow

Avenue, Hickman, Ky. "I will be singing and we will have food and refreshments."

"Ride with Me" CD's will be available along with decals, shirts, and posters. You can also find Jay Black on Facebook at JayBlackCountryMusicEntertainment and download his album on iTunes and other major download sites.

Black, the son of Greg and Teresa Black, resides in Hickman with his wife Erika Black and their two daughters.



## Parkway Regional Hospital names new Chief Executive Officer

FULTON, Ky., August 19, 2013 – John Ballard has been named Chief Executive Officer of Parkway Regional Hospital effective September 3.

Ballard brings diverse experience in hospital administration to this role, previously serving as Assistant Chief Executive Officer of Moberly Regional Medical Center, a 101-bed facility in Missouri.

"I look forward to working with the dedicated professionals at Parkway Regional Hospital to continue their mission to serve the Fulton community," said Ballard. "Because of their work, patients have come to expect quality, personalized care when they seek care here."

During his tenure, the hospital achieved its highest ever employee satisfaction scores, successfully implemented electronic medical records, and enhanced quality measures including the implementation of a bar code medication program that is designed to reduce medical errors. Previously, Ballard was Director of the Roswell Clinic Corporation, part of Eastern New Mexico Medical Center.

"John offers a deep level of healthcare management expertise to lead our hospital," said Robert Burrow, Chairman of the Board of Trustees of Parkway Regional Hospital. "We look forward to working with him in his role as CEO."

On behalf of the board, Burrow thanked previous CEO Rob Calhoun for his contributions, who accepted a new opportunity in West Virginia earlier this summer.

Ballard holds a PhD in Public Health and Epidemiology from Walden University. He received an MBA from Alcorn State University and bachelor's degree from Louisiana State University. He is married to Melinda, and they have four children: Jeremy (25), Matthew (24), Phillip (20), and Saxon (16).

### About Parkway Regional Hospital

Parkway Regional Hospital is a 70-bed, Joint Commission accredited hospital offering

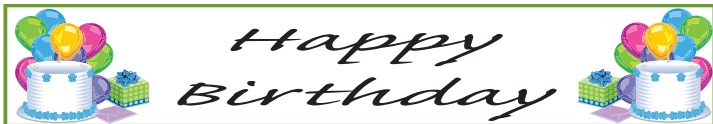


John Ballard

citizens of Fulton and surrounding areas quality healthcare in a rural environment, close to home. Parkway Regional Hospital employs around 200 medical professionals and has an active medical staff of over 15 physicians offering specialty care.



**RISING STAR** - Christopher Roper, of Orlando, Florida and the grandson of Gerald Roper of Hickman, was recently named to the Rising Stars List in the Land Use/Zoning Category. An employee of Akerman Senterfitt, he is one of 125 Akerman attorneys named to the Super Lawyers and Rising Stars lists nationwide. His position with Akerman Senterfitt is a shareholder in the legal department. (Photo submitted.)



The Hickman Courier wishes all these good folks a very happy birthday! Help make their days more special by remembering them with a card or a phone call.

**August 26** – Drew Parker, Charles Mudd, Jr., Jeffrey Sauerwin, Raye Henry, Chance Morgan, Shemalle Pierce, Andrea Kay Langford March, Lauren Blaine Newsom, Charles Ian Goodman, and Tammy Parker.

**August 27** – Ruth Glidewell, Vickie Parks, James Bobbitt, Phillip E. Powell, Johnny Baggett, Gladys Crittenden, Vicious Pierce, and Robert Hardin.

**August 28** – Fred Murphy, Bobby Bloodworth, Sherry Sumara, Byron Tucker, Rachel Mudd, Danielle Ross, Scott Lawrence, and Myatya Knight.

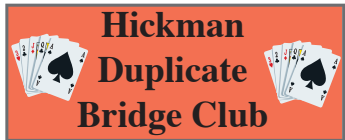
**August 29** – Donna Lane, Jody Yonts, James Ross, and Bucky Sauerwin.

**August 30** – Thelma Linder,

Margaret Harrison, Carolyn Stroud, Heather Hulin, Billy Joe Grogan, Tom Pyron, Harry Ward, Braden Alexander Costello, and Canitha McCranie.

**August 31** – Greg Chandler, Laurie Green, Charles Murphy, Jr., Dionne Nerren, Harriet Blankenship, Gabby Alexander, Dustin Hickerson, and Stephanie B. Caldwell.

**September 1** – Gina Bennett Wall, Sue Jones, Robin Reeves, and Roy Thomas.



Hickman Duplicate Bridge Club winners for Tuesday, August 23 were as follows: Betty Amberg and Jo Grissom, first place; and Nancy Richards and Dianna Nerren and Betty Jo Wheeler and Betty Fields, tied for second/third place.

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*Please, please, please! The Hickman Senior Center has available opportunities for seniors in need of adult day care services!* Those seniors joining the adult day care group benefit greatly from special events and activities that help them connect with others and reduce the isolation of being home alone. This program provides a supportive atmosphere with attention to personal care needs, as well as activities to increase mental and physical stimulation for each one participating.

*If you are a caregiver,* the program will also benefit you by giving you peace of mind and a greater ability to concentrate on work or errands with less worry or stress. You will have the assurance of knowing that your loved one's days are fulfilling and satisfying, cared for by

caring and understanding staff at the center. Free transportation is available to and from the center. Please consider taking part in Adult Day Care activities for yourself or for a loved one...*it will greatly enrich your life or the life of someone you love!*

*Weekly activities* at the senior center always include Exercise every Monday, Wednesday, Friday, 10:10; Bingo every Monday & Wednesday, 11:30; and Chair Volleyball, Wednesday, 10:15. August activities also include: Aug. 21, 10:30, Musical Bingo, Shannon Stunson, Arbor Place; Aug. 22, 10:30, Pulse/Oxygen Monitoring; Aug. 23, 10:00, Foot Care, Dr. Slatich; Aug. 26, 10:30, Exercise; Aug. 27, 10:30, Presentation about Shingles, Jennifer Thomas, Union City Nursing & Rehab.; Aug. 28,

10:30, Blood Pressure Clinic, Amy Thompson, Life Line Home Care.

Do you enjoy playing Bingo? Come out and join us on Monday and Wednesday of each week! Bingo is played (25 cents a card) on these days immediately following lunch, at approximately 11:30. Bingo winners on Monday, August 12, were Evelyn Burcham, Helen Drewry, Ray Drewry, and Evelyn Burcham, coverall. Wednesday winners were Corinne Shaw, Mary Lou Curlin, Baby Doll Yarbro, and Ray Drewry, coverall.

The following items with be served at the Senior Center next week:

### Monday, August 26

Pork cutlet, mashed potatoes, brown gravy, buttered spinach,

whole-wheat roll, fruit cobbler, and skim milk.

### Tuesday, August 27

Baked chicken, noodles, Italian green beans with almonds, whole-wheat roll, pineapple mousse, and skim milk.

### Wednesday, August 28

Beef pot roast, mashed potatoes, brown gravy, carrots in orange sauce, whole-wheat roll, chocolate pudding, and skim milk.

### Thursday, August 29

Baked pork chop, brown gravy, cauliflower, green peas, whole-wheat roll, ambrosia, gingersnap cookie, and skim milk.

### Friday, August 30

Barbecue chicken, navy beans, coleslaw, cornbread, baked apples, and skim milk.



# Pilots take on Class-A golf course

Charles Choate  
**Courier Correspondent**  
Small schools in the First Region gathered last Friday, at the Silos Country Club in McCracken County, to participate in the All-A Classic Golf Tournament.

Fulton County players, Jarrett West, Madison Uzzle and Ryne Choate, took on the 18-hole

course, which represented some very challenging play for the 40 participants on the boys side of play.

The tournament resulted in some unusually high scores, mainly in part to recent weather conditions that kept fairways narrow and rough areas very shaggy with thick grass.

Following the day's play, Choate turned in the low score of 89 for the Pilots, and finished tied for 13th place.

West and Uzzle both posted scores of 94, with West shooting rounds of 45-49, and Uzzle turning in his card at 47-47.

Coach Steve Coulson said he was impressed with the Pilots players, who he said faired better than most in the field.

"If you look at all the scores, you can see that they did really well," said the coach after the conclusion of the leader board. "There was some high scores because this course was 6,800 yards, which is like 600 yards longer than what they usually play and really tough. The par-3's were really challenging over water and the rough areas were so thick it was easy to lose your ball. You take the scores we posted and we are in the middle of the pack or better, so I am really pleased at our effort."

For team play, Murray High earned a trip to the All-A State Tournament in Somerset, with both their boys and girls teams.

On the individual side, and also earning a trip to the state tournament, was Wes Averill, of St. Mary, who was the low score of the day with 74.

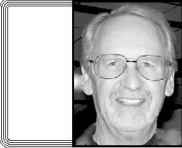
Teammate Seth Powell will also play in the state competition after finishing second with an overall 81.



**SOGGY SHOT** - Fulton County's Jarrett West took to the water to hit this shot on a par-3 hole at the Silos Country Club. West, along with teammates Madison Uzzle and Ryne Choate, played in the 18-hole All-A Classic Tournament last week. (Photo by Charles Choate.)



**LASTING IMPRESSIONS 2013**  
- The Fulton County High School Class of 2015 sponsored Lasting Impressions on Saturday, Aug. 7 at the high school. Area volunteers and class members performed their renditions of some favorite songs. Above, top, An-nagrace Ligans, Mary Langford, Samantha Ward, Darcy Patrick, and Will Thompson perform Boy from New York City by Manhattan Transfer; second from top, a large group perform Mississippi Squirrel by Ray Stevens; third from top, Julie Jackson, Tim Langford and Wiley Gannon (not shown) act out It's Me Again Margaret by Ray Stevens; at right, top photo, PaTrice Chambers, Julie Jackson and Aaron Collins play out Long Tall Texan by the Beach Boys; bottom left, Wiley Gannon and Barry Patrick sing-a-long to I'm in the Jailhouse Now by the Soggy Bottom Boys; and at far right, Perry and Jana Turner perform Proud Mary by Ike and Tina Turner. Those who attended voted on their favorite by placing money in plastic buckets. The winner of the fan favorite award was Amy, Karen, and Tim Langford (featuring on the front) for their act portraying Little Big Town singing the popular summer time hit Pontoon. (Come by to see all the photos to make your purchase.) (Photos by Barbara Atwill)



## Sports In Kentucky For the Hickman Courier

By Bob Watkins

High school football pulls back the curtain this week on another academic year. The usual fixtures are in place – Louisville Trinity and Fort Thomas Highlands.

Rest of the year, a few things I would like to see come to pass.

1. Favorite for Kentucky sports person of the year established. Emma Talley. A 19-year-old from Princeton in Caldwell County and sophomore at Alabama, won the U.S. Women's Amateur golf championship. Two Kentuckians won major tournaments this year, Talley and Kenny Perry of Franklin.

And, kudos to Talley's hometown newspaper. The Times-Leader devoted an eight-page special section to its new celeb.

2. In Lexington the Rupp Arena renovation goes forward and I hope not one seat is sacrificed for executive suites. If basketball IS a religion in the Commonwealth, no matter how Mitch Barnhart spins 'keeping up with the Joneses (UofL at Yum Center), eliminating seating for the blue collars would be sacrilege.

Ownership of Kentucky basketball isn't what it once was, but Big Blue fans not bean-counters are responsible for UK's century-long high profile in hoops. A report last week said UK at Rupp led the nation in attendance for the eighth season in a row and 17 of the last 18 years.

Fan loyalty despite a succession of weak non-conference games at home.

3. I hope the pivot game on Kentucky's football schedule is Missouri. If South Carolina, Alabama and Mississippi State haven't hammered the life out of Mark Stoops' team by November 9 and injuries taken a huge toll, a reasonable season could be at hand when the Tigers come to Lexington. From there, UK could win two of its last three.

4. Louisville. Charlie Strong won't like hearing it, but Run the Table will be heard alot. No team on this schedule should beat the Cardinals. None.

5. Western Kentucky. Five home dates are two dates too few, but three are premium – Navy on September 28 is

regional television-worthy, but isn't one of seven Topper games scheduled for teevee. Next, Louisiana Lafayette, with a quarterback named (Terrence) Broadway, is reputed to be an offensive machine and favorite to win the Sun Belt. And, Troy is homecoming foe November 26.

6. Members of the NBA Players Association executive committee create the top news story for 2013. Join with NBA Commissioner David Stern and the NCAA, close the 19-year-old, one-and-done loophole.

I hope NBAPA president Derek Fisher, Jerry Stackhouse, James Jones, Matt Bonner, Stephen Curry, Willie Green, Andre Iguodala. Roger Mason Jr. and Chris Paul vote do the right thing. Stop ignoring a basic American right – a 17-18-year-old high school graduate chooses a job, joins the military, goes to college or, as with Major League Baseball's draft, pursues being a professional athlete.

7. Vanderbilt Coach Kevin Stallings signs two 4-star recruits. Just once.

8. Northwestern makes it into an NCAA Tournament field before we're too old to care.

9. A top 10 candidates list for the John Wooden college player of the year includes half-dozen underclassmen. I think Wooden would be most pleased if the winner is Aaron Craft at Ohio State. Kid has paid his dues.

10. And, I hope the Pittsburgh Pirates get to the World Series.

**'MOST REVERED' LIST**  
*Most Revered Figures in College Basketball History*, was title of internet Bleacher Report's new list last week. From the top: John Wooden ... Mike Krzyzewski ... Dean Smith and Bob Knight. At No. 6 Jim Valvano ... Pat Summitt ... Don Haskins ... Kay Yow and 10th: Magic Johnson and Larry Bird.

Wooden, Summitt, Krzyzewski and Knight are worthy. To place Valvano or Haskins ahead of Larry Bird and Magic Johnson is laughable.

No. 5 on the list got my attention. Adolph Rupp.

Yes. Too many have forgotten Der Baron awakened America to the entertainment value of the college game long before a Wizard in Westwood.

### Ten items to note about the new area code

- Ten things to know about Kentucky's new area code include the following:
- All current area code 270 numbers remain unchanged. Everyone with a 270 area code number can keep it. Nobody is required to change their area code or phone number.
  - The overlay affects both landline and wireless service.
  - In order to distinguish between phone numbers with area code 270 and those with area code 364, 10-digit dialing will be required for all local calling across the area code boundary.
  - Ten-digit dialing also will be required for local calls into or out of the overlay in those areas that now allow seven-digit local calling across the area code 270 boundary.
  - Ten-digit dialing means dialing the area code before dialing the number itself-for example: 270-555-1212 or 364-555-1212.
  - Long-distance calls within the overlay will require 11-digit (1-plus) dialing, just as long distance calls to other area codes do now.
  - A transition period, known as permissive dialing, will begin on August 3, 2013 and end on January 31, 2014. During that time, local calls can be made using either seven-digit or 10-digit dialing.
  - On February 1, 2014, 10-digit dialing for local calls will

become mandatory in the area code 270/364 territory.

- Numbers with area code 364 may be distributed beginning March 3, 2014. Telecommunication service providers may continue to distribute 270 numbers for as long as they have any remaining in their inventories.

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# 1991: Historic hotel reopens in Hickman

By John Brannon  
Published in the  
Union City Daily Messenger  
on July 5, 1991

Hickman's ancient LaCledé Hotel officially re-opened as a bed-and-breakfast inn today, and Mayor Mrs. Judy Powell is wearing a 500-watt smile.

"It's just like Christmas in July," Mrs. Powell said Wednesday as she escorted visitors through six suites decorated with a turn-of-the-century motif. "We feel it's a big tourism draw for our community, and we are getting more and more people visit Hickman."

She said things are looking up for her Mississippi River town, situated just across the Tennessee line in southwestern Kentucky. The State of Kentucky has pledged \$ 41,000 to fund a study of the collapsing Magnolia Street bluff and \$20,000 to help save the Hickman - Dorena Ferry.

Built about 1880, the LaCledé, with its huge keyhole - shaped main entrance, has been a conspicuous landmark in downtown Hickman. There was one other renovation of the hotel, according to the Oct. 18, 1890, issue of The Hickman Courier.

"The LaCledé House has been renovated from cellar to garrett - newly painted, all rooms newly papered and the whole house newly supplied with furniture," The Courier proudly announced.

But the hotel fell on hard times and remained closed several years until the city got a \$360,000 Community Development Block Grant from the State of Kentucky in 1989. Then an ambitious renovation program

began under the City of Hickman Community Development Agency headed by Mrs. Martha Campbell.

The Hickman River City Development Corporation, a non-profit agency owns the hotel.

Mrs. Powell said Kentucky Gov. Wallace Wilkinson helped the city acquire the grant.

"He has certainly helped us," she said "He has been true to his word that he would not forget the rural areas, and he has not forgotten southwestern Kentucky. We certainly appreciate him."

When renovation got under way, local citizens joined together and organized a Bed-and-Breakfast Committee, she said. "The committee is made up of several local ladies, and they worked on refurbishing the rooms once renovation was completed," Mrs. Powell said. "And they scrubbed walls and floors, and bathrooms and windows - just put their hearts and souls in it. And the Hickman

Electric System brought their bucket and truck and boom down and washed the outside of the hotel for us. Some original furniture was restored and placed in several rooms. Except for the mattress and springs, everything else from curtains to towels and sheets was completely furnished by the committee. We also had donations from the community. So it was actually a community effort."

A suite with private bath is \$45 night; a suite with shared bath, \$35 night. The Fulton County Homemakers Suite, most spacious of all, is \$55 night. All six rooms are already booked for this weekend.

Guests will be treated to a continental breakfast. Mrs. Eva Tomlin, a member of the Bed-and-Breakfast Committee, is innkeeper and will share the duties on a rotation basis with other committee members.

Twenty-five percent of money from room rent goes to the Bed-and-Breakfast Committee to pay a housekeeper and purchase supplies.

"Now, instead of coming in and leaving because we have no motel, visitors have a place to stay for a night or a weekend," Mrs. Powell said. "It's a service that was very much needed in Hickman for a long, long time in Hickman."

Otherwise, the nearest motel/hotel available is at Union City, about 16 miles away.

"I am very happy for Hickman," Mrs. Powell said. "I appreciate all the efforts people have made in opening the LaCledé. That's what made it a success - people interested and concerned and willing to work to get the job done."

*Editor's Note: Thank you to Martha Campbell for submitting this article and to Sherry Voorhees for the photo.*



**IRON BED** - This iron bed was once in the LaCledé Hotel. It is now in the guestroom at Doug and Sherry Voorhees home in Hickman.

## Bussard

while in Amsterdam," stated Bussard.

She also was amazed to see trash on the streets, young children with nowhere to stay creating makeshift sleeping pallets in the open, and that the common modes of transportation were bicycles and rickshaws in India.

"Cows are holy in India,"

she said. "When a cow is in the middle of the road, everyone stops and waits for the cow to move. They don't move them and they don't eat them. They are idolized."

A school, established by Elder T.M. Ashlock on March 22, 2001, the late husband of Betty Ashlock, 86, was the group's intended destination.



**BEFORE AND AFTER** - Mang Taihul (above on left) has a discerning expression on his face. In the photo below, Mang is happy and full of life, after Linda Bussard changed his outlook with her sponsorship sending him to college. He now calls her Mama Linda.





### 9th Annual River Rat Race 5K Run and Fun Walk Saturday, Sept. 7, at 8 a.m.

**Race Day Registration - 7:30 a.m.  
at Fulton County Courthouse**

*Course is reversed this year. Race will end at Fulton Co. High School*

**Cost:**  
**5K - Early registration - \$15 • Race Day Registration - \$20**  
**Fun Walk - Early Registration - \$10 • Race Day - \$15**

The first 50 registered participants will receive a River Rat Race T-shirt. *(Sizes may be limited - arrive early. Additional orders may be taken)*

*Trophies for overall male and female winners. Medals for 1st, 2nd, and 3rd place male and female age categories: 16 and younger, 17-23, 24-30, 31-37, 38-44, 45-51, 52-58, 59 and older.*

Please mail registration forms and payment to: Hickman Rotary Club, River Rat Race, P.O. Box 64, Hickman, KY 42050; or drop off at: Paul Henderson, Porter Insurance Agency, 1510 Union City Hwy., Hickman, KY 42050. **Make checks payable to Hickman Rotary Club.**

**If you have any questions please call Penny Fleming at 731-335-3100**

from page 1

"We spent time in the school founded by Mr. Ashlock and spoke to the congregation at their local church," said Bussard. "Interpreters aided us with communicating with everyone."

At first, Bussard was unsure on what she was going to say, but as she spoke she felt a pull toward one certain individual. "It was like a light was shining on him and I was meant to speak to him," explained Bussard.

After Bussard finished her speech, she sought out this young man. "Tell me your name. Tell me your story," she asked him. "He told me his name was Mang Taihul."

The 26-year-old with a strong look about him, was struggling to attain his goal. "I am 26-year-old and I want to go to college," he said. "Even though I earned 100's in school and asked God to help me, I am still not in college."

It was then that Bussard realized why God had sent her to India. "I decided I was going to help pay his way through college," she said. "Now, a year and a half later I am still assisting him financially and he is making good grades." Mang wants to be an International Evangelist, like Billy Graham.

Recent photos of Mang show him with a smile on his face and his entire demeanor has changed.

He has gone from a man who looked sad and angry to one that is full of life and happy to make a difference in the lives of others, just like New Generation English School in Hoomi, Vokngayar is changing the lives of the children in India.

"The conditions might not be like what our schools have," stated Bussard, "but the kids over there are so happy and eager to learn. Some of them have to take turns coming to school because they only have one dress to wear between them."

Bussard experienced difficulties adjusting to the spices and some of the living conditions, but she knows it pales in comparison to what those children live with on a daily basis. She has already made plans to return within the next year.

To a sponsor a child to go to school at New Generation is only \$30. Anyone interested in becoming a sponsor can call Bussard at 615-668-1799 and she will assist you with making this tax deductible donation. "All the donations are made through the AHEAD foundation," said Bussard. "It helps them receive a Christian education and food for them that day."



**WINNING STRIDE** - Bermag CEO Jamie Madding heads towards College Hill during a recent 5K benefit run held in Hickman. Approximately 30 runners, from several surrounding cities, came to Hickman to participate in the "Follow Me 5K Run". The event was organized to assist the financial efforts of Jena Bea Haney, who is leaving soon on a long mission trip abroad. Madding recorded the lowest time on the male side, while his wife, Krisi Madding, was the winner on the women's side of the run. (Photo by Charles Choate.)



**GET READY** - Jena Bea Haney (right) lines up a group of young runners, during her "Follow Me 5K Run" held in Hickman. The young group participated in a half-mile event, following the three mile run from the adult group. The run was organized to support Haney, who is leaving Hickman soon on a multi-month mission trip to several different locations. (Photo by Charles Choate.)

## “Move to a Healthier You” encourages Dinwiddie to meet the challenge

Charlotte Smith  
**Editor**

Albert Dinwiddie, 65, and a veteran of the U.S. Army serving in Vietnam, has decided to accept a six-week challenge to live a healthier lifestyle by attending the "A Move to Healthier You" classes held at the Fulton County Cooperative Extension Office in Hickman on Wednesdays. During the first class, on Wednesday, Aug. 14 Dinwiddie and the group of approximately 20 received a wealth of information from speakers Dr. Cathy Ludwig-Bell, PhD,

RD, LD (Registered Dietitian from the Marion VA) Debora Barnes, RN, Fulton County Health Center in Hickman, and Julie Muscarella, RD, LD, CDE with the Purchase District Health Department on how to get moving in the direction of, not only losing weight, but incorporating a healthy way of living into their daily routines.

Those interested had the opportunity to weigh themselves and have their waistlines measured during the first class. Each week they will weigh in and check to see if the changes they have made in their diets and daily routines have made a difference around their middles.

"The more weight you carry around your middle the more your health is affected," stated Ludwig-Bell. "The extra weight can lead to chronic diseases such as heart disease, diabetes, and certain cancers, and other chronic diseases."

Ludwig-Bell is a prime example that making some changes in the types of foods you eat and how much you move can make a big difference. "Just a short time ago I weighed 120 pounds more than I do now," she told the audience. "I had trouble tying my shoes, hard to get up and down, and the excess weight wasn't allowing me to be the person I wanted to be."

By making better, healthier choices, she began to see the benefits of these decisions as she shed the pounds.

Those in attendance said they wanted to lose weight to feel better, live a healthier life, bring down their blood pressure, live longer, take less medication and keep up with grandchildren.

Those were all positive reasons why Dinwiddie and the rest of them decided to make a commitment to be at the extension office each Wednesday for six weeks.

"I have bad knees and I am hoping to help take pressure of my knees by changing some of my old habits," Dinwiddie



added as another positive for him.

One of the first steps in achieving their goals is to recognize old habits. "The way we eat and the habits we develop are all learned," added Ludwig-Bell.

Realizing that food is information for your body and means what we eat plays a role in how we function. When you make healthy food choices, you can change how food interacts with your body, lose weight, and most of all, optimize your health. The better the food you eat the better type of "friend" it is for your body.

Ludwig-Bell also pointed out that there is research that indicates the Standard American Diet (SAD) is similar to a food addiction. "Certain foods cause changes in the brain chemistry that Dopamine can lead us to craving increases when we eat certain foods, like those high in salt, sugar, and bad fats, as well as starchy foods made from processed refined flour and grains and high in fat," she said. "This causes our bodies to crave these foods."

Work towards choosing a variety of whole, minimally processed foods like fresh fruits and vegetables with an array of a rainbow of colors, particularly dark green vegetables when they fill their plates, was advice Ludwig-Bell provided during

the first session.

After discussing basic principles of weight management, health promotion and going over food rules, which included not eating anything your great-grandmother wouldn't recognize, Ludwig-Bell gave the group a challenge. The challenge was to do one of the following:

- Eat whole, real unprocessed foods
- Fill 1/2 your plate with fruits and vegetables
- Choose high quality proteins like fish and chicken more often
- Include beans daily - any type of bean - lentil beans, navy beans, white beans, etc.
- Only whole grains and only good fats

During Dinwiddie's first week he was going to try to add more whole grain and unprocessed food in his diet. "I am also going to try not to eat late at night," he said.

Ludwig-Bell also asked them to slow down and relax when you eat! "Enjoy your food," she said. "After 15 minutes of eating, take a breath and wait." This gives your body time to let you know if it is full or not. She predicts it will help them eat less food.

"Also remember to chew your food well, move your body, try doing some breathe relaxation like yoga, connect with family and friends and get eight hours of sleep a night," recommended Ludwig-Bell.

The Fulton County Extension Office is in partnership on this project with the Marion VA Nutrition Service Medical Center and Purchase District Health Department.

Anyone interested in making a move to a healthier you through good nutrition and physical activity is encouraged to stop in on Wednesdays beginning at 2:30 p.m. to learn more. Any questions call Anna McCoy, Family and Consumer Science Agent at the extension office at 270-236-2351 or Muscarella at 270-444-9625 ext 103.

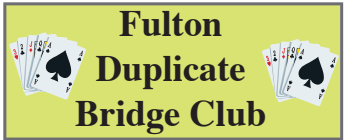
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  - B. Approve Agenda
2. Action Items by Consent
  - A. Baccus Oliver with Marcum Engineering
  - B. Facilities Use Request
3. Adjournment



### Fulton Duplicate Bridge Club

Fulton Duplicate Bridge Club winners for Monday, Aug. 19 were as follows: Flight A — Bill Petrie and Jane Baker, first place; Betty Amberg and Freddy Oliver, second place, Bertha Henry and Margie Cannon, third place, and Pam Fee and Linda McDade. Flight B — Bertha Henry and Margie Cannon, first place, and Pam Fee and Linda McDade, second place.



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## Obituaries

### Teresa Fay Phelps

Mrs. Teresa Fay Phelps, 56, a resident of Union City, Tenn., died August 10, 2013 at Jackson Madison County Hospital in Jackson, Tenn.

Born September 7, 1956, she was the daughter of Ann Winters of St. Louis, Mo., and the late Demus Winters, Sr. She was a clerk at Big Lots in Union City, and a member of New Hope Free Will Baptist Church.

Survivors in addition to her mother, include her husband, Terry Phelps of Union City; one son, Terae Phelps of Union City; two daughters, Yolonda Dyson of Union City, and Lageha Baldwin of Smyrna, Tenn.; two step-sons, Untwon Bishop of South Fulton, Tenn., and Byron Phelps of Martin, Tenn.; two brothers, Demus Winters of Mayfield, Ky., and Freddie

### Velvet “Jessie” Callahan

Velvet “Jessie” Callahan, 98, a resident of Martin, Tenn., died August 10, 2013.

She was born March 3, 1915. Her favorite hobby was quilting.

Survivors include four sons, Rayford Callahan, Jesse Callahan, Dallas Callahan and Thomas Callahan; two daughters, Martha King and Patsy Whitehouse; one sister, Edna Smallwood; 27 grandchildren, 52 great-grandchildren; and several great-great-grandchildren.

Her husband, Ruben T. Callahan, three brothers,

Winters of Augusta, Ga.; two sisters, Rhonda Edminston of St. Louis, and Helen Clark of Paducah, Ky.; and five grandchildren.

One brother, Ricky Winters, and one sister, Vanessa Winters, also preceded her in death.

Funeral services were held August 17, at the Pilgrim Rest Baptist Church in Union City, with Rev. A.E. McCadney officiating. Burial followed in East View Cemetery.

Pallbearers were DeMarlo Freeman, Russell Rice, O’Brian Sowell, Michael Hart, Earnest Roberson and Lorenzo Gary. Honorary pallbearers were Thomas Dysart, Bruce Hughes and Ray Ball.

Strong Funeral Home of Hickman, Ky., was in charge of arrangements.

Linis Howard, Eddie Howard, and Raymond Howard; one sister, Leonia Russell; and two grandchildren, Michael King and Veverly King Poore; preceded her in death.

Her visitation will be Monday, August 12th, from 6 pm until 8 pm at Morrison Funeral Home, Tuscumbia. Funeral services were held August 13, at Morrison Funeral Home, Tuscumbia, Ala., with Rev. Donald Davis officiating. Burial will follow in Guy Cemetery in Tuscumbia.

Grandsons served as pallbearers.

The Hickman Police Department reports these arrests, citations, investigations and fire calls for Hickman and Cayce Volunteer Fire Departments for Sunday, Aug. 11 – Saturday, Aug. 17:

Sunday, Aug. 11:

- Traffic stop on 7th St. – Antonio Cotez arrested for rear license plate not illuminated and operating a motor vehicle on a suspended operator’s license.
- Responded to a call on Liberty St.
- Responded to a noise complaint on 7th St.
- Traffic stop on 7th St. – Shontaylor Freeman cited for reckless driving, no seat belt, booster seat violation, and failure to produce insurance card.

Monday, Aug. 12:

- Responded to a gas drive off at Little General – report taken.
- Traffic stop at Little General – Kenvon Pierce arrested on a warrant and loud music.
- Traffic stop on Moscow Ave.

Tuesday, Aug. 13:

- Responded to a 911 hang up on Boone St.
- Responded to a residential alarm on Union City Hwy.
- Responded to a call on Davis St. – Jason Henson arrested for assault and terroristic threatening.
- Traffic stop on Market St.
- Responded to a call on E Magnolia St. – Karen Thomas arrested for disorderly conduct and alcohol intoxication.
- Responded to a call on

from page 1

assistance to pay Chamber’s phone bill, Poynor’s salary for 12 hours per week, the Dennis Hulin Scholarship Fund, and miscellaneous expenses.

The members of the Chamber, which include: Poynor and Jones, along with Carole Lattus, Gene Cole, Pam Dinwiddie, Jane Voorhees, Phyllis Bryant, Velva “Babydoll” Yarbro, Greg Cole, Rob Hitesman, Betty Abernathy, Barbara McIntee, Sydney Vowell, Will Rice, and Don Shephard also invite farmers looking to sell their harvest of fruits and vegetables in the Chamber’s Farmer’s Market located to the north of the EW James building on South 7th Street. A sign, crafted and furnished by Bro. Tom Quimby was recently placed at the location to encourage people to set up there, free of charge. Future plans for the site include constructing an awning of sorts to provide shade for those utilizing the lot. “We are asking

for donations to help us construct the roof,” stated Poynor. “Either in the form of monetary donations or materials.”

Don’t forget the annual chamber dinner is planned for mid-November. Funds raised help keep the Chamber office open from 10 a.m. to 2 p.m. Tuesday through Thursday. When the funds run out, the office is closed part of each month.

The Chamber plans to continue recognizing Hickman residents with the yard of the week distinction, Chamber businesses with Business of the Month, and showcasing new businesses that locate in Hickman.

“We are planning to add a program to spotlight new

residents that move to Hickman,” added Poynor. “Charlotte Smith and The Hickman Courier will be assisting us with this new endeavor.”

Also on the horizon for the Chamber is a social at the Chamber office. “We will be inviting chamber members and other members of the Hickman community to stop by and visit with us, to learn what the chamber is all about,” Poynor said excitedly. “Look to the Hickman Courier for more details about this exciting opportunity to gather together in the historic Carnegie Museum.”

For more information on how you can support the chamber, please call 236-2902.

from page 2

and three Fulton County buses full of excited kindergarten students (all decked out in matching red t-shirts), staff, and several parents made the trek to Ft. Campbell.

We were treated to a concert by the Army Band, while waiting in one of the huge hangers. Finally we were escorted out onto the tarmac, as the huge air transports approached the base. We witnessed something that most Americans never have a chance to see, in person: those monster planes taxiing toward the hangers, with huge American flags protruding from the cockpits. The planes rolled to a stop; the doors opened and hundreds of weary troops once again set foot on American soil. However, when our students were given the “Ok” to greet the troops, the mood quickly changed, and they swarmed the soldiers, grabbing them around their knees, hugging them and flashing big smiles. The soldiers bent down and returned those hugs and smiles. It still brings tears to my eyes, when I recall the emotion that hit us adults, at that moment. Needless to say, it was one of the most memorable and proudest moments of my career in education. And there was Sarah, get-

ting it all on camera!!!

But the story does not end there. Lt. Col. Jason Caldwell, my brother, retired from the military at Ft. Campbell two years ago. During the start of the Iraq conflict, there was a discussion on the base about Dessert Storm, and Jason mentioned the FCES Kindergarten trip to Ft. Campbell, because he had heard all about it and he had seen Sarah’s video. He was asked if he could get a copy of the tape. I gladly made a copy and sent it to him. Sarah probably doesn’t know that her work is now preserved for history, in Ft. Campbell’s Screaming Eagles’ Video Archives.

In May 2003, when those kindergarteners were FCHS seniors they were called into the cafeteria by Principal Arthur Moss. I had contacted the kindergarten staff, who had made the trip, and arranged with Arthur to surprise the seniors with a viewing of Sarah’s taping of the Ft. Campbell trip. It was so rewarding to see them reliving that wonderful experience and remembering such a very special moment in their lives...all thanks to a very special and extremely talented, Sarah Choate!!!

Susan Key Caldwell  
Fulton, Kentucky

## A Note Of Thanks

*I would like to take this time to thank members of the community, family, and friends for all the support and help you have provided for myself, and my wife Paula. All of your prayers, cards, phone calls, hospital visits, and support during this time has been greatly appreciated.*

**Thank you,**  
**Morrison and Paul McClure**

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### Hickman Police Department News

Atwood St.

- Responded to a call by the Sea Wall.

- Responded to a call on Davis St.

Wednesday, Aug. 14:

- Jessica Shaw arrested on a warrant for theft of services.

- Responded to a call at Little General.

- Responded to a call on Davis St.

Thursday, Aug. 15:

- Responded to a 911 hang up on Boone St.
- Responded to animal complaint on Pecan Circle.

- Traffic stop on 7th St. – Jerry Tynes arrested for operating a motor vehicle on a suspended or revoked operator’s license.
- Dennis Readenour cited for open container in a motor vehicle.

Friday, Aug. 16:

- Responded to an animal complaint on Union City Hwy.
- Responded to an animal complaint on 1099 Bypass.
- Responded to a call at Little General – report taken for gas drive off.

Saturday, Aug. 17:

- Responded to a noise complaint on 4th St.

- Responded to a call on E Magnolia St.
- Responded to a call on Broadway St.
- Traffic stop on Bond Hill.

### Fulton County Sheriff’s Department News

The Fulton County Sheriff’s Department reports these arrests and citations for Friday, Aug. 9 through Friday, Aug. 16:

Friday, Aug. 9:

- James T. Williams of Tiptonville, Tenn., white male, citation, speeding 81/55 mph zone, failure of owner to maintain insurance.

Monday, Aug. 12:

- Chikiko L. Winters of Hickman, Ky arrested, deception.
- Gary Nations of

Montgomery

Tenn., wh male, arrest fugitive f justice.

Thursday,

15:

- Sabrina O. Esters of Hickman, black female, citation, speeding 82/55 mph zone, failure of non-owner to maintain required 1st insurance, failure to register transfer of motor vehicle.

- India E. Lewis of Clinton, Ky., white female, citation, speeding 87/55 mph zone.

- Amber J. Yates of Martin, Tenn., white female, citation, speeding 73/55 mph zone.

- Clarence F. Jones of



Hickman, white male, citation, speeding 73/55 mph zone.

- Christopher R. Arnold of Wingo, Ky., white male, citation, speeding 78/55 mph zone.

- Sally J. Ward of Fulton, Ky., white female, citation, speeding 76/55 mph zone.

- April Murphy of Fulton, black female, citation, speeding 71/55 mph zone, failure of non-owner operator to maintain

insurance 1st offense, in possession. old C. Harris of Tenn., white male, citation, failure of non-owner erator to maintain uired insurance 1st nse, no registration es, no registration pt, and improper y of registration

- Katelyn Cobb of Martin, white female, citation, speeding 71/55 mph zone, failure of owner to maintain required insurance, 1st offense.

- Nancy F. McConnell of South Fulton, Tenn., white female, citation, speeding 82/55 mph zone.

Friday, Aug. 16:

- David Shehorn of Fulton, white male, arrested, menacing and criminal trespassing, 3rd degree.

## Bluff Briefs

### Mega Class Reunion to be held

The Fulton County Mega class reunion will be held September 13 and 14, at The Hickman Country Club with a catered dinner by Hub’s at 6 p.m. Dinner, for \$25 per person, will begin an hour later. Anyone interested in attending send their names, addresses, phone numbers, (along with \$25 per person) to Lois Birk, 406 Eddings, Fulton, KY 42041.

### Revival meetings

My Father’s House, located at 616 Catlett St., Hickman, Ky., will have a Revival meeting September 16 – 20, at 7 p.m. nightly. Bro. John Morgan will lead the services. Revival meetings by the Christian Mariner’s Ministries at Pontotoc Community Center in Fulton, September 23 – 27, at 7 p.m. nightly. Speakers will be Bro. Warren Daniels, John Morgan and other local pastors. Song and Praise Services by Sis Kelly Culpepper, Rescue 4 Christ Ministry of Mayfield, and local churches. For more information contact John Morgan at 314-409-1952 or Sis. Kelly Culpepper 270-970-3117.

### Hot dog and ice cream supper

Cayce United Methodist Church will have a hot dog and ice cream supper on Sunday, Aug. 25, at 5 p.m. Games will be played on the church lawn following the supper.

### Fulton County Teachers invited to Mega Reunion

The Fulton County Mega Reunion Committee would like to issue a special invitation to anyone who taught in the Fulton County area to attend the Mega Reunion. The reunion will be held on September 13, 2013 at the Hickman Country Club. The cost is \$25.00 per person. For information or to sign up, contact Lois Birk at 270-627-2726 or send check and information to Lois at 406 Eddings, Fulton, KY 42041.

### Fulton Co. Senior Citizens Banana Festival concessions fundraiser

The Fulton County Senior Citizens will be holding its Annual Banana Festival 2-day concessions fundraiser, Sept. 20, 9:00 a.m. and Sept. 21, 8:00 a.m. – 9:00 p.m. Inside concessions, clean, air conditioned environment and clean bathrooms. On the menu will be sausage and biscuits, donuts, hamburgers, cheeseburgers, hot dogs, chilidogs, chips, drinks, tea, coffee, nachos, cheese and chili, funnel cakes, and desserts.

### Calling All Senior Rook players age 50 and over

The Seniors Citizens of Fulton County are looking for 32 Rook players to play in their annual Rook Tournament on Thursday, Sept. 19. The Rook Tournament will be held at the Fulton County Senior Citizens building at 109 Commercial Avenue, Fulton, Ky. First place prize - \$25.00; second place - \$15.00. Play will begin promptly at 9:00 a.m. Please be at the center no later than 8:30 for sign in and drawing of teams. Sign up at either the Fulton Senior Center of the Hickman Senior Center or by calling 270-472-2900.

### Assistance Available for Area Veterans

Veterans and their families will be provided counseling and assistance in filing claims for state and federal benefits. This is a free service provided by the state of Kentucky. For more information please contact Ron McClure, Regional Field Representative, Kentucky Department of Veterans Affairs (KDVA) at (270) 247-2455 ext. 73905 to schedule an appointment. Mr. McClure schedule for Thursday, Aug. 29 – Tuesday, Sept. 3 is as follows: Thursday, Aug. 29, Paducah, VA Clinic, 2620 Perkins Creek Rd, By Appointment, walk-ins will be scheduled an appointment. Visit the Clinic or phone 270-444-8465 to schedule an appointment; Friday, Aug. 30, Monday, Sept. 2, and Wednesday, Sept. 4, not available; Tuesday, Sept. 3, Mayfield, VA Clinic, 1253 Paris Rd., by appointment, walk-ins will be scheduled an appointment. Visit the Clinic or phone 270-247-2455 to schedule an appointment.

## Yard

from page 1

Working outside planting flowers is something that Schmidt loves to do. “I help my neighbors by planting flowers for them and I even cut their grass if it needs to be cut and they can’t do it.”

At one time, Schmidt lived in the block house at the end of the Courthouse Steps on Carroll Street. When you drove by you could see lots of hanging plants in a variety of vibrant colors.

Her daughter Corry Perez lives in the house next to the block house and Schmidt even works in her yard, too. “She just loves to work outside and enjoys sharing her love of gardening with the community.”

Taking it a step further, Schmidt has even purchased a set of trimmers that she uses to clear the Courthouse Steps when the weeds start to take over. “I do it whenever it is needed,” she said. “My granddaughter and daughters help me, too.” This is something she has been doing quietly off and on for almost nine years now.

“Sometimes a crew from the Fulton County Detention Center comes and cleans up the debris and trims the weeds back,” added Schmidt. “But if I see it needs to be done I do it because those steps are like a monument

and they deserve to be taken care of on a regular basis.”

Schmidt believes if you help your neighbor and they help their neighbor, so on and so on, it is good for the community over all. “I have been helping people on a variety of levels for many years,” she said. “It started with kids who would come to camp at Brookfield Zoo, then it was seniors, the handicap and the less fortunate. I help them all.”

Schmidt takes pleasure in decorating Hickman and trying to make a difference helping her neighbors. “I look out for my neighbors and I share with them whatever I can,” added



**A PRETTY VIEW** - Many who pass by enjoy viewing the yard that Bonnie Schmidt tends to with love and care on Carroll Street. (Photo by Charlotte Smith.)



**YARD OF THE WEEK** - The Hickman Chamber of Commerce has chosen the yard of Marcia Minton, located on Wellington Street, as this weeks Yard of the Week. (Photo by Barbara Atwill.)





# PILOTS 2013

## High School and Middle School Football

### PREVIEW



## Bridges says team ready to compete

Charles Choate  
*Courier Correspondent*

Immediately following the Fulton County Middle School football scrimmage last week against Dyer County, coach James Bridges let his players know that they had made tremendous strides.

Coming back from a year with no wins in either regular season, or pre-season play, the Jr. Pilots put four touchdowns on the scoreboard, while holding the Jr. Choctaws to only one touchdown play.

"I am super proud, just super proud at the way they played," said Coach Bridges after the match-up. "I feel it with this group. They have heart. You know these kids have never won a game and they are having fun. This is going to go a long way."

The Jr. Pilots put on a very strong performance on both sides of the football, capitalizing on two long scoring plays, while holding Dyer County on most all possessions.

"We've got a great group of offensive linemen who can play, and that includes two sixth graders. Caleb Kimble, our fullback, I see big things coming from him and our quarterback,

Dre' Smith, he's going to be good for us and this is his first time to play."

Bridges is also fortunate to have a total of almost 30 players on his team this season, all of whom he said is excited about the year.

"They're ready. They're hungry. This is going to help us against Murray. They proved it to themselves."

Fulton County will kick off their regular season Thursday night, when they travel to Murray to face the Jr. Tigers.



**IN PURSUIT** - Fulton County Middle School quarterback Dre' Smith (with football) attempts to elude two Dyer County defenders, as coaches Bruce Elam and James Bridges look on. The Jr. Pilots put four touchdowns on the scoreboard in the Hickman scrimmage last Thursday, while holding Dyer County to only one score. Fulton County begins their regular season play tonight, Aug. 22, when they travel to play Murray Middle. (Photo by Charles Choate.)



**FULTON COUNTY JUNIOR PILOTS 2013** - The Fulton County Middle School Junior Pilots are ready for action and are looking forward to a successful football season. Members of the team include (front row, l to r) Bradley Webb, Jyvon Jones, James Travers, Daniel Tacker, Jordyn Smith, Bobby Chrisp, and A.J. Turner; (second row, l to r) Geroge Scott, Kyle Bridges, Kahari Miller, N.J. Brown, Daepheus Allen, and Jake Mayo; (third row, l to r) Jerome Warren, Mason Eakes, Skyler Johnson, Caleb Kimble, Jacquese Fuller, and Cameron McNeill; (fourth row, l to r) Brandon Willis, Dre' Smith, Nataven Bransford, and Ian Halstead; and (fifth row, l to r) Rictaveon Polk, Coach James Bridges, and Jykerion Isbell. Members not pictured include Hunter Adams and C.J. Smith. (Photo by Barbara Atwill)



**MIDDLE SCHOOL FOOTBALL ACTION** - Fulton County Middle School Jr. Pilots hosted the Jr. Choctaws of Dyer County on Thursday, Aug. 15. The Jr. Pilots had a good showing scoring four touchdowns and giving up only one. (Above, left) Dre' Smith holds onto the ball as he tries to elude a Jr. Chocta defender; (above, right) sixth grader Caleb Kimble runs with the ball; and (below) the two teams come together to pray. (Photos courtesy of Stafford Photography.)



**FULTON COUNTY PILOTS** - Members of the Fulton County High School Football team include (front row, l to r) Lance Purefide, Austin Henderson, Matthew Bodon, Hunter Mitchum, Tyler Roach, Akilias Abbott, Tanner Ford and Cameron Jones; (second row, l to r) Austin Branam, Taylor Sipes, Aaron Allen, Davis Major, De'Andre Couch, Joseph Fletcher, and Cameron Matheny; (third row, l to r) Beau Simmons, Brendan Wilson, David Polk, Sean Lucy, Evan Dismuke, Joyrian Bradley, and Quinn Nolan; (fourth row, l to r) Thomas Bowlin, Damian Roach, Terrell Wilson, Austin Newton, and Octavious Smith; and (back row, l to r) Coaches Deatrik Kinney, Rick Garland and Joe Cheirs. (Photo by Leonard Smith, Sr.)

## Pilots looking for opening win Friday night at home

Charles Choate  
*Courier Correspondent*

The Fulton County Pilots football season will open this Friday night, and nothing could be better than a win to start the 2013 campaign.

The Pilots have lost their opening game, going back to the 2006 season, when they defeated South Fulton 56-18.

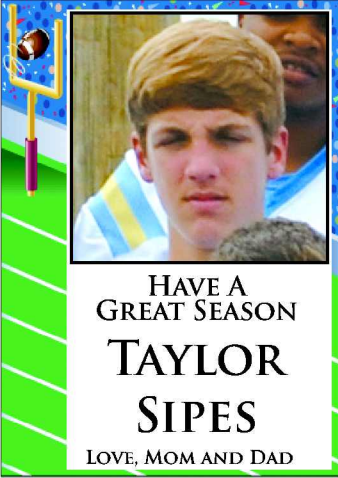
Standing in the way of 4th year coach Deatrik Kinney's team this year will be a new opponent on the schedule, the Gleason Bulldogs.

Gleason comes to Sanger Field with a returning squad of veteran players, who posted a

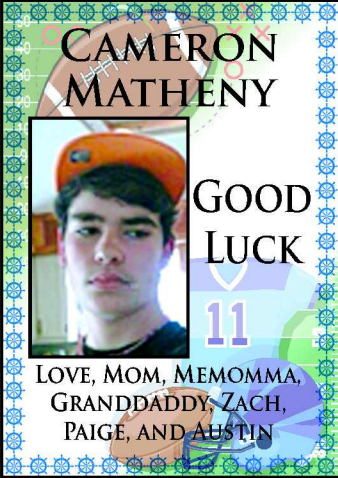
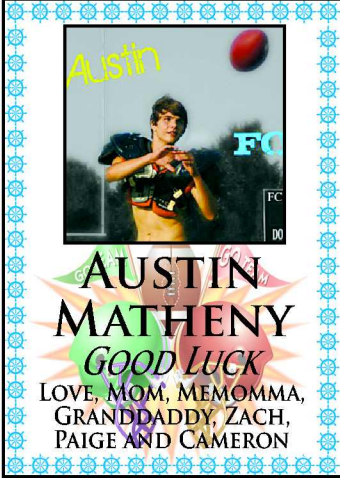
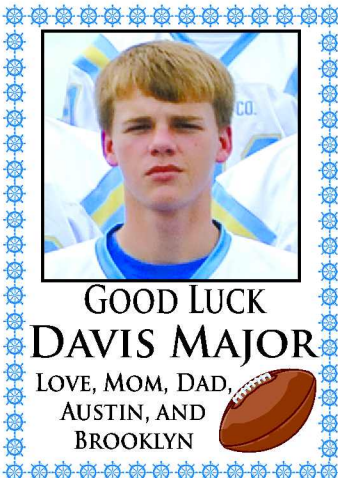
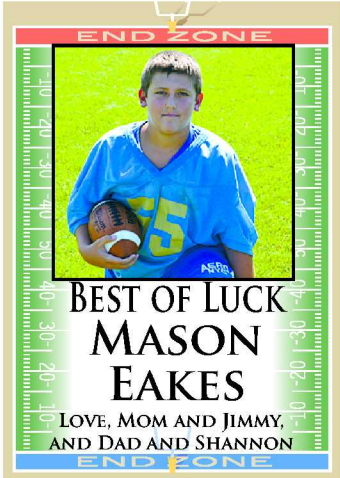
6-5 record last season, with five players selected to the Tennessee All District 13-A Team.

The Pilots field about 30 players on the roster this season, a team that coach Kinney said was "very talented" and who may "open eyes" with their play.

Kickoff for Friday night's game is set for 7:30 and all Pilot fans are encouraged to come out and support the team.



FCHS FOOTBALL 2013		
Aug. 23 .. Gleason .....	H ..	7:00
Aug. 30 .. Lake Co. * .....	H ..	7:00
Sept. 13 ... So. Fulton .....	A .....	7:30
Sept. 27 ... Gibson Co. ....	A .....	7:30
Oct. 12 .... Russellville .....	A .....	1:00
Oct. 18 ... Mayfield .....	H ..	7:00
Oct. 25 ... Fulton City .....	A .....	7:30
Nov. 1 .... Murray ** .....	H ..	7:00
Nov. 8 .... Class A Playoffs ...	TBA	
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